

Ancient Feminine Segulos

The Name of Avraham Aveinu's Mother Was Amaslai Bas Karnevo.

Reciting her name is a segula in times of danger.

(Mishmeres Shalom)

One erev Shabbos, Rabbi Michoel Ber Weissmandl was approached by a stranger who called out, "What was the name of Avraham Aveinu's mother? Rabbi Weissmandl did not understand the point of the question and so he did not reply.

That motzai Shabbos he received the news that his father had died. It was only after his father's death that he realized that saying the name of Avraham Aveinu's mother could have saved his father's life. Rav Michoel Ber would repeat this story many times so that others might benefit from his experience.

(Toras Chemed)

The Name Of Shimshon's Mother Was Tzilehponnis.

Reciting her name is a segula that protects you from threats.

One of the Chassidim of the Chozeh whose children all died in infancy asked the Rebbe for a brocha that he merit children that would survive and thrive, the Rebbe replied, "When your next child is born, choose a name from the Parsha."

A daughter was born to this chassid after the death of the Chozeh, but he did not find any girl's names in Parshas Naso. However, the mother of Shimshon appears in the Haftorah.

He went to the Rav of Lublin to ask for advice. The Gaon Rav Ezriel, who was not a chasid, jumped up excitedly declaring, "Now I know that the Rebbe was a gaon who possessed the spirit of prophesy. The Rebbe wished for you to name the child Tzilehponnis so that she might be protected from any threats.

[Introduction to Sefer Ha'eshkol]

Reb Yankele of Psheworsker repeated this story and applied it halacha le'maseh by adding the name Tzilehponnis to the name of a sick woman resulting in her recovery.

[Heard from those who were there]

Flu Fighters

- ▶ Apples
- ▶ Blueberries
- ▶ Broccoli
- ▶ Spinach
- ▶ Lettuce
- ▶ Onions especially red onions



These foods all contain quercetin, a powerful cold and flu fighting antioxidant.

Ask The Rebbetzin

Q. When I was in Seminary, I was taught not to let a day pass without learning something. Now that I am married and the mother of several children, Baruch Hashem, I am finding it very difficult. Any ideas for me?

A. Take time each day to talk to Hashem. Before davening reach for a sefer on tefilla and read a few paragraphs for inspiration.

The Father of the Bnei Yissoschar

Rabbi Pesach worked as a teacher returning home only twice a year. One Pesach he came home empty handed because he had begged the innkeeper who employed him to use his salary to host any poor wayfarers he would normally turn away.

Lacking the funds for the family's Pesach needs he headed to the local Bais Midrash to learn. His son, later known as the Bnei Yissoschar, hearing that he was in town rushed to greet him. As father and son walked home, a coach came rumbling down the narrow street. As it passed it hit a

bump and a small parcel tumbled towards them. Rabbi Pesach caught the parcel and began running after the coach. Panting from exertion he watched the coach disappear into a cloud of dust. He then opened the bundle to find the exact amount that his boss had withheld.

The night of the seder the Bnei Yissaschar was asked to open the door for Eliyahu. "Father," he called out "the coachman we saw yesterday is here." But when his father arrived at the door he saw no one there.

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